composite material adhered to said lumber lengths and forming a skin extending across said frame between said lengths of lumber so as to resist distortion of the frame by racking forces exerted on the frame.

2. (amended) A building component as claimed in claim 1, including a foam insulation material within the frame and forming a heat insulating barrier between the lengths of lumber, said reinforcement sheet adhering to said frame and to said heat insulating barrier.

3. (amended) A building component as claimed in claim 2, wherein said reinforcement sheet is co-extensive with said heat insulating barrier and said lumber at at least one side of said frame.

6. (amended) A method of making a building component, which comprises the steps of connecting together a plurality of lengths of lumber to form a frame, forming at one side of said frame a layer of a coating material and causing the coating material to solidify in adherence with said lumber into a skin extending across said frame between said lengths of lumber so as to reinforce said frame against racking.

7. (amended) A method as claimed in claim 7, which includes placing a mesh of said fiber material at at least one side of said frame prior to the step of forming of said layer and subsequently coating said mesh with said coating material during the forming of said layer so as cause said coating material to impregnate said mesh and to adhere to said heat insulating barrier and said lumber.

9. (amended) A method as claimed in claim 7, which includes placing a mesh of said fiber material at at least one side of said frame and subsequently coating said mesh with said coating material so as to cause said coating material to impregnate said mesh and to adhere to said heat insulating barrier and said lumber.

12. (amended) A method as claimed in claim 6, which includes connecting metal corner reinforcements to said lumber at corners of said frame to reinforce said frame.

13. (amended) A method of making a building component, which comprises the steps of connecting together a plurality of lengths of lumber to form a frame and securing to at least one side of the frame a prefabricated reinforcement sheet comprising a fiber reinforced composite material.

Please add the following new claims 15 through 21:

15. A building component as claimed in claim 1, wherein said frame is rectangular and said building component includes metal corner reinforcements at corners of said rectangular frame.

16. A building component as claimed in claim 15, wherein said metal corner reinforcements each comprise a box-shaped section and lateral and vertical flanges extending along said lengths of lumber from said box-shaped section, said lengths of lumber having ends in abutment with said box-shaped section.

17. A building component as claimed in claim 16, wherein said vertical flange extends between a pair of said lengths of lumber and said lateral flange is one of a pair of lateral flanges which fit snugly onto horizontal ones of said lengths of lumber.

18. A building component as claimed in claim 16, further comprising a further vertical flange extending along one longitudinal side of said first-mentioned lateral flange.

19. A method as claimed in claim 6, which includes installing metal corner connectors at corners of said frame.